



Sleep Series

Join the Swindells Resource Center in welcoming Emily C. Morgan, PhD, from the Providence Pediatric Specialty Psychology Clinic, for a 3-part series virtual series on the ages and stages of sleep.

Wednesday, August 20, 6:00-7:30 p.m.

An Introduction to Sleep

What is normative sleep, understanding sleep changes across development

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Wednesday, August 27, 6:00-7:30 p.m.

Sleep and Young Children

Sleeping alone, fighting sleep, bedtime routines, tips, tools, and resources

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Wednesday, September 3, 6:00-7:30 p.m.

Sleep and Adolescents

Supporting adolescents with sleep hygiene, changes in sleep phases into teen years, tips, tools, and resources

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For more information: swindells@providence.org | 503-215-2429